

SUNCOAST CYCLING CLUB – SWEEP & B RIDE LEADER EXPECTATIONS

Sweep Duties;

1. Know the ride and have a map
2. Along with the B ride leader determine if there will be an official club ride
 - a. cancel the ride when conditions are too dangerous
 - b. select another ride for threatening weather
3. Assist everyone who stops
 - a. aid them in getting their equipment serviceable so they can get back on the ride
 - b. call for aid when needed
 - c. encourage people to continue
4. Ride with the slowest rider in the B ride
5. Give those at the back of the pack instruction and encouragement

Sweep Supplies;

1. The club has a sweep pack containing;
 - a. CO² Cartridges
 - b. One 700mm tube
 - c. Tire irons
 - d. A few first-Aid items
 - e. Etc.
2. The Sweep is expected to have a cell phone

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B Ride Leader Duties;

1. Know the ride and have a map
2. Along with the sweep determine if there will be an official club ride
 - a. cancel the ride when conditions are too dangerous
 - b. select another ride for threatening weather
3. Insist on obeying rules of the road
4. Lead by example regarding etiquette
 - a. warning of hazards and vehicle traffic using hand and voice signals
5. Regulate speed maintaining B level pace (18 to 20 mph average)
 - a. It is ok to go slower uphill and faster downhill
6. If the group splits-up, due to traffic signals, slow the front group so the others can rejoin
7. Do not do all the pulling, encourage everyone to take a turn at the front
 - a. demonstrate smooth starts , no jackrabbits
8. Encourage pace lines: single, double and rotating as conditions allow
9. Attempt to keep the group together and riding smoothly with few gaps and straightest line possible
10. Offer instruction and encouragement as needed